

FIG.1

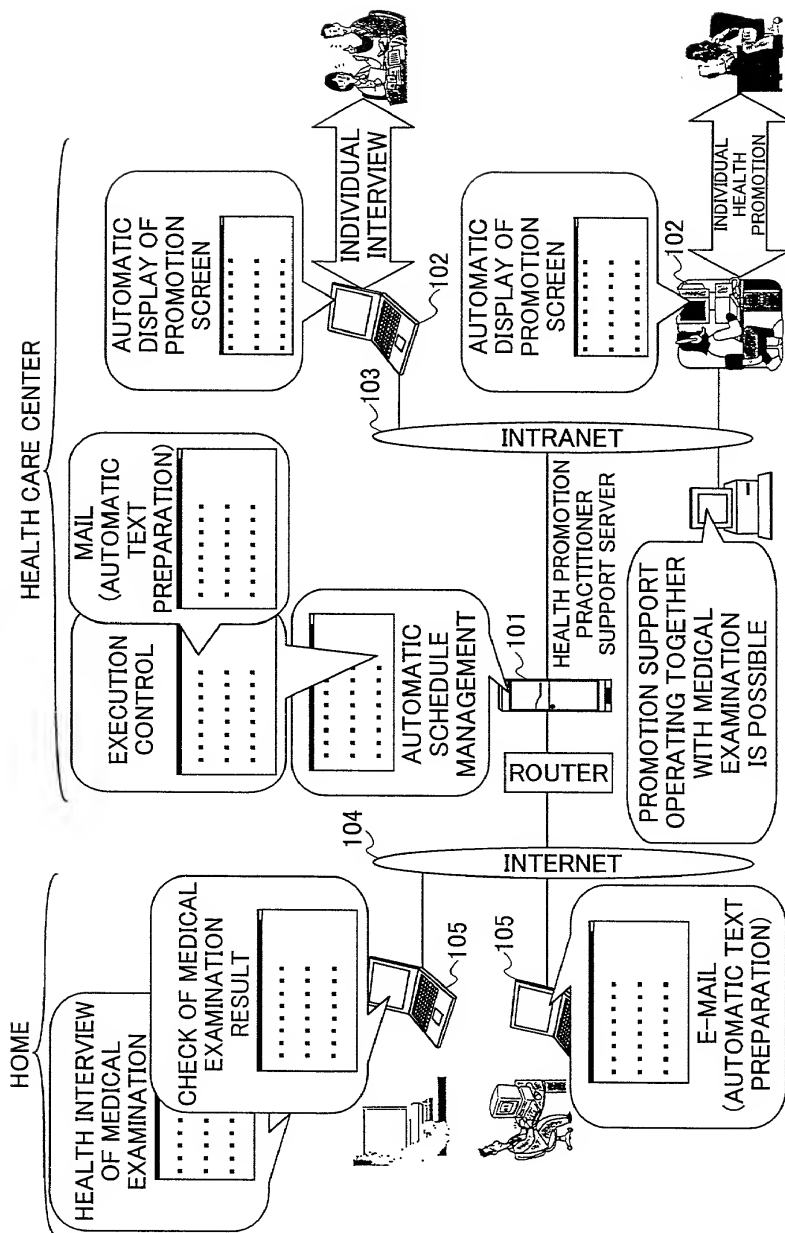


FIG.3

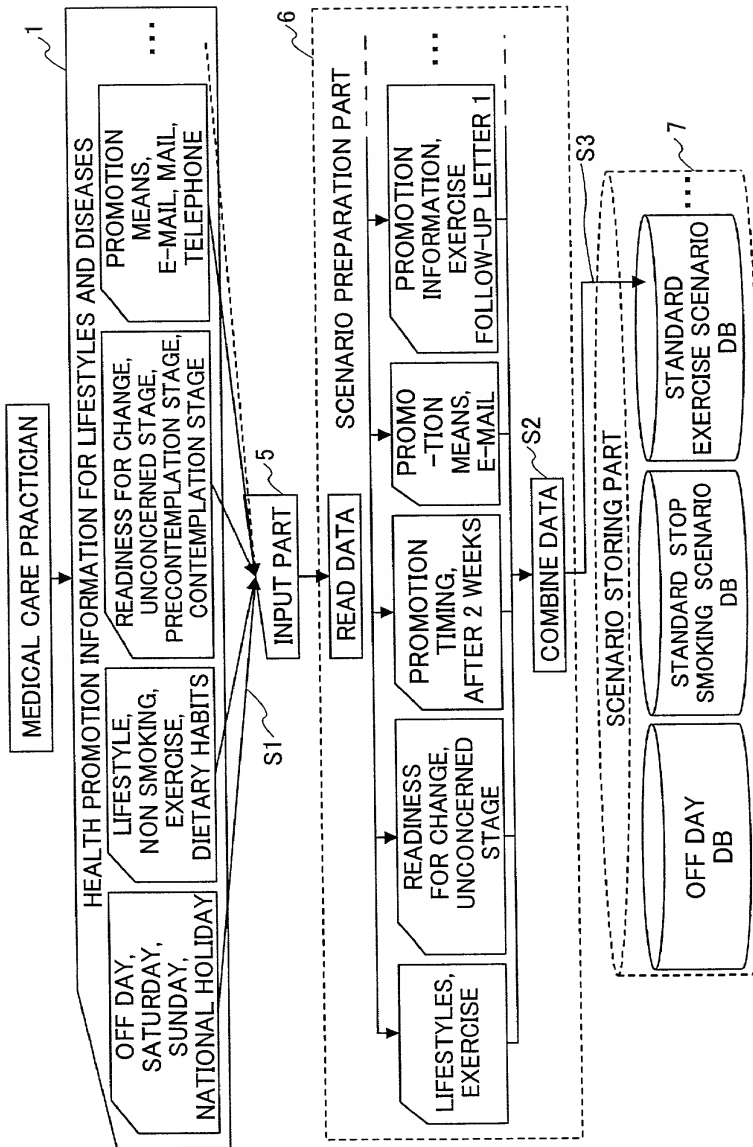


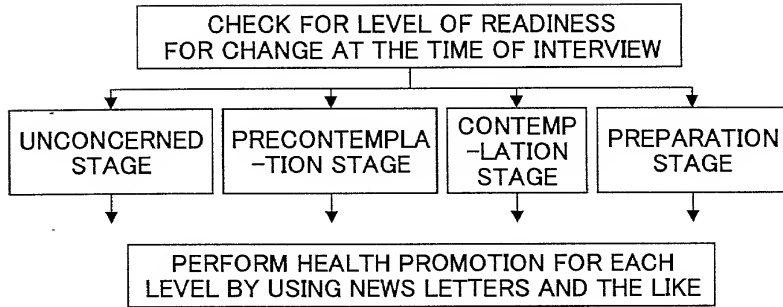
FIG.4

LIFESTYLE	STAGES OF READINESS FOR CHANGE	PROMOTION PERIOD	PROMOTION DATE SETTING	PROMOTION INFORMATION	PROMOTION MEANS	NOTES
SMOKING	UNCONCERNED STAGE	AFTER 1 WEEK	7	FOLLOW-UP SMOKING AFTER 1 WEEK	E-MAIL	SMOKING 1 WEEK AFTER MAIL.txt
SMOKING	UNCONCERNED STAGE	AFTER 1 MONTH	30	SMOKING FOLLOW-UP LETTER 1	E-MAIL	SMOKING 1 MONTH AFTER MAIL.txt
SMOKING	UNCONCERNED STAGE	AFTER 2 MONTHS	60	SMOKING FOLLOW-UP LETTER 2	E-MAIL	SMOKING 2 MONTHS AFTER MAIL.txt
SMOKING	UNCONCERNED STAGE	AFTER 3 MONTHS	90	SMOKING FOLLOW-UP LETTER 3	E-MAIL	SMOKING 3 MONTHS AFTER MAIL.txt
SMOKING	UNCONCERNED STAGE	AFTER 4 MONTHS	120	SMOKING FOLLOW-UP LETTER 4	E-MAIL	SMOKING 4 MONTHS AFTER MAIL.txt
EXERCISE	EXECUTION STAGE	AFTER 1 WEEK	7		TELEPHONE	
EXERCISE	EXECUTION STAGE	AFTER 2 WEEKS	14	EXERCISE FOLLOW-UP LETTER 1	E-MAIL	EXERCISE 2 WEEKS AFTER MAIL.txt
EXERCISE	EXECUTION STAGE	AFTER 3 WEEKS	21	EXERCISE FOLLOW-UP LETTER 2	E-MAIL	EXERCISE 3 WEEKS AFTER MAIL.txt
EXERCISE	EXECUTION STAGE	AFTER 4 WEEKS	28	EXERCISE FOLLOW-UP LETTER 3	E-MAIL	EXERCISE 4 WEEKS AFTER MAIL.txt

FIG.5

LEVEL OF READINESS FOR CHANGE	STAGE (SMOKING FOR EXAMPLE)	AWARENESS OF INDIVIDUAL
LOW	UNCONCERNED STAGE (NOT INTEND TO STOP)	HAVE NO INTEREST REGARDLESS OF ADVICE AND RESIST STRONGLY
	PRECONTEMPLATION STAGE (INTEND TO STOP, BUT NOT WITHIN 6 MONTHS)	FEEL NO PROBLEM ON DAILY LIFE AND RESIST OTHER PEOPLE'S ADVICE
	CONTEMPLATION STAGE (INTEND TO STOP WITHIN 6 MONTHS)	START TO BE INTERESTED IN EFFECT FOR HEALTH AND THINK POSITIVELY, BUT, AT THE SAME TIME, THINK ABOUT BURDEN AND CAN NOT INITIATE ACTION
	PREPARATION STAGE (INTEND TO STOP WITHIN 1 MONTHS)	INTEND TO INITIATE ACTION SOON AND SEEK OCCASION AND SUPPORT
HIGH	EXECUTION STAGE	HAVE CONSCIOUSNESS FOR HEALTH AND INITIATE ACTION
	KEEPING STAGE	ALWAYS SHOW CONSIDERATION FOR HEALTH AND ACT AND KEEP THIS STATE

FIG.6



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FIG.7

SETTING OF HEALTH PROMOTION SCENARIO
✕

PROGRAM NAME

CONTACT METHOD

SEARCH

READINESS FOR CHANGE	PROMOTION PERIOD	PROMOTION DATE SETTING	PROMOTION INFORMATION	PROMOTION MEANS	NOTES
UNCONCERNED STAGE	AFTER 1 WEEK		7 RETURNING VIDEO TAPE	E-MAIL	
UNCONCERNED STAGE	AFTER 2 MONTHS		60 NEWS LETTER 1	E-MAIL	
PRECONTEMPLATION STAGE	AFTER 1 WEEK		7 RETURNING VIDEO TAPE	E-MAIL	
PRECONTEMPLATION STAGE	AFTER 1 MONTH		30 NEWS LETTER 1	MAIL	
PRECONTEMPLATION STAGE	AFTER 2 MONTHS		60 NEWS LETTER 2	MAIL	
PRECONTEMPLATION STAGE	AFTER 3 MONTHS		90 NEWS LETTER 3	MAIL	
PRECONTEMPLATION STAGE	AFTER 4 MONTHS		120 NEWS LETTER 4	MAIL	
PRECONTEMPLATION STAGE	AFTER 5 MONTHS		150 NEWS LETTER 5	MAIL	
PRECONTEMPLATION STAGE	AFTER 6 MONTHS		180 NEWS LETTER 6	MAIL	
CONTEMPLATION STAGE	AFTER 1 WEEK		7 RETURNING VIDEO TAPE	E-MAIL	
CONTEMPLATION STAGE	AFTER 1 MONTH		30 NEWS LETTER 1	MAIL	
CONTEMPLATION STAGE	AFTER 2 MONTHS		60 NEWS LETTER 2	MAIL	
CONTEMPLATION STAGE	AFTER 3 MONTHS		90 NEWS LETTER 3	MAIL	
CONTEMPLATION STAGE	AFTER 4 MONTHS		120 NEWS LETTER 4	MAIL	
CONTEMPLATION STAGE	AFTER 5 MONTHS		150 NEWS LETTER 5	MAIL	
CONTEMPLATION STAGE	AFTER 6 MONTHS		180 NEWS LETTER 6	MAIL	
PREPARATION STAGE	AFTER 1 WEEK		7 DETERMINE STARTING DAY	TELEPHONE	
PREPARATION STAGE	AFTER 2 WEEKS		14 DETERMINE STARTING DAY	E-MAIL	
PREPARATION STAGE	AFTER 1 MONTH		30 PREPARATION WORK OF	TELEPHONE	
EXECUTION STAGE	10 DAY		0 FOLLOW-UP 6 DAY BEFORE	E-MAIL	
EXECUTION STAGE	AFTER 4 DAYS		4 FOLLOW-UP BEFORE START DAY	TELEPHONE	
EXECUTION STAGE	AFTER 1 WEEK		7 FOLLOW-UP 2 DAYS AFTER	TELEPHONE	
EXECUTION STAGE	AFTER 2 WEEKS		14 FOLLOW-UP 1 WEEK AFTER	TELEPHONE	

FIG. 8

EXAMI- NATION YEAR MONTH DATE	NAME- SEX	EXAMINATION DATA						INTERVIEW DATA			EXAMINATION RESULT			
		BODY MEASURE- MENT		BLOOD PRESSURE		LIPID		SMOKING	EXER- CISE HABIT	BODY MEASU- REMENT	BLOOD PRES- SURE	LIPID		
		HEIGHT- WT	WEIGHT- HT	DIASTOLIC PRES- SURE	SYSTOLIC PRES- SURE	T- CHOL	TG						HDL -C	
99/03/07	TARO M	170	65	130	80	200	120	50	5	5	3	NORMAL	NORMAL	
99/03/01	HANA F -KO	156	58	135	70	270	160	55	7	7	0	NORMAL	NORMAL	HYPER LIFE- MIA
99/03/02	JIRO M	167	80	165	95	265	180	50	20	15	0	OVER- WEIGHT	HYPER TEN- SION	HYPER LIFE- MIA

FIG.9

NAME	SMOKING					EXERCISE				
	CONSCI USNESS ABOUT STOP- SMOKING	EXPERI -ENCE OF STOP- SMOKING (TIMES)	PERIOD OF STOP- SMOKING (YEAR)	OCCASION OF STARTING SMOKING	REASON WHY SMOKING CAN NOT BE STOPPED	CONSCI- OUSNESS ABOUT EXERCISE	BODY ACTI- VITY	STREN- -GTH TRAIN- -ING	CALIS -THE- -NICS	TROU- -BLE
TARO	2	1	1	1,3	3,5,7	4	3	0	0	1.2
HANA -KO	3	2	2	2	2	3	0	0	0	3
JIRO	1	0	0		3,6	1	0	0	0	1

*DATA IS SYOWN BY CODES

FIG.11

[ACTION TARGET 1 ASK] <input checked="" type="checkbox"/>			
NAME CODE <input type="text" value="1111111"/>	NAME <input type="text" value="TARO"/>	DATE OF BIRTH <input type="text" value="1973/08/27"/>	SEX <input type="text" value="MALE"/>
☆CHECK FOR SMOKING HABIT <input type="radio"/> NOW SMOKING <input type="radio"/> FORMERLY SMOKING, AND STOPPED <input type="radio"/> NOT SMOKING ORIGINALLY		PERSON IN CHARGE <input type="text" value="HONDA"/>	
☆CHECK FOR NUMBER OF SMOKING FOR A DAY <input type="text" value="50"/> (00~99)		HOW LONG SINCE YOU STOPPED SMOKING <input type="radio"/> WITHIN 6 MONTH <input type="radio"/> MORE THAN 6 MONTH	
☆CHECK FOR STOP-SMOKING YEARS <input type="text" value="10"/> YEAR (00~99)			
☆CHECK FOR READINESS FOR CHANGE FOR STOP-SMOKING <input type="radio"/> INTEND TO STOP WITHIN 1 MONTH (PREPARATION STAGE) <input type="radio"/> INTEND TO STOP WITHIN 6 MONTHS (CONTEMPLATION STAGE) <input type="radio"/> INTEND TO STOP, BUT NOT WITHIN 6 MONTHS (PRECOMPLATION STAGE) <input type="radio"/> NOT INTEND TO STOP (UNCONCERNED STAGE)			
☆HAVE YOU EVER STOPPED SMOKING? <input type="radio"/> NON <input type="radio"/> ONCE <input type="radio"/> 2 TIMES <input type="radio"/> 3 TIMES <input type="radio"/> 4 TIMES <input type="radio"/> 5 TIMES <input type="radio"/> 6 TIMES <input type="radio"/> MORE THAN 7 TIMES			
NEXT PAGE		CANCEL	

FIG.13

[ACTION TARGET 1 ASK] <input checked="" type="checkbox"/>	
<div> <div>NAVIGATION</div> <div>CONTEXTUALIZATION STAGE</div> </div> <div> <div>ASK 1</div> <div>ASK 2</div> <div>ASK 3</div> <div>ADVISE</div> <div>ASSIST 1</div> <div>ASSIST 2</div> </div>	<div> <div>NAME CODE</div> <div>NAME</div> <div>DATE OF BIRTH</div> <div>SEX</div> </div> <div> <div>1111111</div> <div>TARO</div> <div>1973/08/27</div> <div>MALE</div> </div>
<p>★TELL ME WHY YOU DARE NOT TO STOP SMOKING SOON ALTHOUGH YOU INTEND TO STOP SMOKING. SELECT ITEMS WHICH HOLD TRUE FOR YOU FROM FOLLOWING LIST.</p> <p><input type="checkbox"/> (1) SMOKING IS USEFUL FOR RELAXING AND GETTING RID OF STRESS</p> <p><input checked="" type="checkbox"/> (2) IT IS DOUBTFUL WHETHER SMOKING IS BAD FOR HEALTH</p> <p><input checked="" type="checkbox"/> (3) I FEEL WITHDRAWAL SYMPTOMS STRONGLY WHEN STOPPING SMOKING</p> <p><input checked="" type="checkbox"/> (4) IT'S TOO LATE TO STOP SMOKING SINCE I HAVE SMOKED FOR LONG TIME</p> <p><input checked="" type="checkbox"/> (5) I WORRY ABOUT GAINING WEIGHT BY STOPPING SMOKING</p> <p><input type="checkbox"/> (6) I HAVE NO CONFIDENCE FOR STOPPING SMOKING</p> <p><input type="checkbox"/> (7) I HAVE FAILED FOR MANY TIMES TO STOP SMOKING</p> <p><input type="checkbox"/> (8) I HAVE NO IDEA ABOUT HOW TO STOP SMOKING</p> <p><input type="checkbox"/> (9) OTHERS</p> <div style="border: 1px solid black; height: 40px; width: 100%;"></div>	
<p>★IF YOU HAVE SOMETHING ANXIOUS ABOUT SMOKING, PLEASE TELL ME.</p> <div style="border: 1px solid black; height: 40px; width: 100%;"></div>	
<div> <div>PREVIOUS PAGE</div> <div>NEXT PAGE</div> <div>CANCEL</div> </div>	

FIG.14

[ACTION TARGET 1 ASK]		[X]	
NAME [111111] NAME [TARO] DATE OF BIRTH [1973/08/27] SEX [MALE]			
☆ASSESSMENT FOR NICOTINE DEPENDENCE HOW LONG DOES IT TAKE FOR YOU TO START TO SMOKE AFTER YOU WAKE UP IN THE MORNING <input type="radio"/> CONCURRENTLY WITH WAKING <input type="radio"/> WITHIN 15 MINUTES <input type="radio"/> FROM 15 TO 30 MINUETS <input type="radio"/> FROM 30 MINUETS TO 1 HOUR <input type="radio"/> FROM 1 TO 2 HOURS <input type="radio"/> AFTER 2 HOURS <input type="radio"/> NO REPLY			
☆DO YOU SMOKE WHEN YOU ARE IN SICKBED ALL DAY— <input type="radio"/> ALWAYS <input type="radio"/> USUALLY <input type="radio"/> SOMETIMES <input type="radio"/> RARE <input type="radio"/> NOT AT ALL <input type="radio"/> NO REPLY			
☆TELL ME WHY YOU INTEND TO STOP SMOKING <input type="checkbox"/> RECOMMENDED BY SOMEONE <input type="checkbox"/> CHANGE OF ENVIRONMENT <input type="checkbox"/> POOR PHYSICAL CONDITION <input type="checkbox"/> FOR HEALTH <input type="checkbox"/> SINCE THIS IS A GOOD OCCASION <input type="checkbox"/> OTHERS		<input type="checkbox"/> SPOUSE <input type="checkbox"/> CHILD <input type="checkbox"/> FRIEND <input type="checkbox"/> PARENT <input type="checkbox"/> DOCTOR <input type="checkbox"/> NURSE	
PREPARATION STAGE ↓ ASK 1 ↓ ASK 2 ↓ ASK 3 ↓ ADVISE ↓ ASSIST 1 ↓ ASSIST 2			
		[PREVIOUS PAGE] [NEXT PAGE] [CANCEL]	

FIG.15

[ACTION TARGET 2 ASK]		[X]	
<div>NAVIGATION</div> <div>CONTEMPLATION STAGE</div> <div> ↓ ASK 1 ↓ ASK 2 ↓ ASK 3 ↓ ADVISE ↓ ASSIST 1 ↓ ASSIST 2 </div>		<div> NAME CODE [111111] NAME [TARO] DATE OF BIRTH [1973/08/27] SEX [MALE] </div> <div> ☆EXPLAIN ABOUT EFFECTS OF SMOKING TOP 10 OF CAUSES OF DEATH AND TOP 10 OF ORIGIN OF DEATH REFERENCE "ONE OUT OF TEN PERSONS DIES DUE TO SMOKING" BY WHO PROVIDE EFFECT NOT ONLY TO LUNG CANCER BUT ALSO HEART ATTACK, ANGINA PECTORIS AND STROKE (REFERENCE) "GOOD" CHOLESTEROL DECREASES AND "BAD" CHOLESTEROL INCREASES EXPLAIN EFFECT BY STOPPING SMOKING RISK OF LUNG CANCER DECREASES BY STOPPING SMOKING (REFERENCE) ☆RECOMMEND TO STOP SMOKING <input type="checkbox"/> </div> <div> FIGURE OF EACH ITEM CAN BE DISPLAYED BY PUSHING REFERENCE BUTTON </div> <div> PLEASE LOOK AT THIS TABLE. THIS IS AN EXAMPLE OF USA. IN JAPAN WHERE LUNG CANCER RANKS HIGHER IN TERMS OF CAUSE OF DEATH, IMPACT OF SMOKING MAY BE LARGEST. EXPLANATION CAN BE DISPLAYED HERE FOR EACH ITEM BY PUTTING CURSOR ON THE ITEM. </div> <div> <div>PREVIOUS PAGE</div> <div>NEXT PAGE</div> <div>CANCEL</div> </div>	

FIG.16

[ACTION TARGET 3 ASSIST]		[X]	
<div>NAVIGATION</div> <div>CONTEMPLATION STAGE</div> <div> ↓ ASK 1 ↓ ASK 2 ↓ ASK 3 ↓ ADVISE ↓ ASSIST 1 ↓ ASSIST 2 </div>		<div> NAME [111111] NAME [TARO] DATE OF BIRTH [1973/08/27] SEX [MALE] </div> <div> ☆INTRODUCTION OF CONTACT ADDRESS IT IS EXCELLENT TO INTEND TO STOP SMOKING PRINT OUT OF CONTACT ADDRESS INFORMATION [PRINT] </div> <div> ☆INTRODUCTION OF NEWS LETTER ONCE A MONTH, PERIODICALLY FOR HALF YEAR <input type="checkbox"/> RECEIVE REJECTION OF NEWS LETTER </div> <div> ☆INTRODUCTION OF VIDEO TAPE <input type="checkbox"/> VIDEO TAPE LENDING REJECTION </div> <div> ☆HOW TO CONTACT <input type="text" value="0:HAVE E-MAIL"/> </div> <div> ☆CLOSING REMARKS </div>	
		<div>PREVIOUS PAGE</div> <div>CANCEL</div> <div>END</div>	

FIG.17

[ACTION TARGET 2 ASK] <input checked="" type="checkbox"/>			
NAME CODE	1111111	NAME TARO	DATE OF BIRTH 1973/08/27
		SEX	MALE
<p>☆ PRAISE (PRAISE FOR BEING IN PREPARATION STAGE)</p> <p>☆ ADVISE (GIVE ADVISE FOR RELAXATION AGAINST STOPPING SMOKING AND FOR PLANNING SCHEDULE FOR STOPPING SMOKING)</p> <p>☆ INDUCE TO PERFORM SMOKE FREE PROGRAM</p>			
<p>It is true that many people can not stop smoking even though they want to stop smoking and there are many people who stop smoking but start again. It is important to plan concretely for increasing success rate.</p>			
<p>EXPLANATION CAN BE DISPLAYED HERE FOR EACH ITEM BY PUTTING CURSOR ON THE ITEM.</p>			
PREVIOUS PAGE		NEXT PAGE	
CANCEL		CANCEL	

FIG.18

[ACTION TARGET 3 ASSIST]		[X]	
<div>NAVIGATION</div> <div>PREPARATION STAGE</div> <div> ↓ ASK 1 ↓ ASK 2 ↓ ASK 3 ↓ ADVISE ↓ ASSIST 1 ↓ ASSIST 2 </div>		<div> NAME [111111] NAME [TARO] DATE OF BIRTH [1973/08/27] SEX [MALE] </div> <div> ☆DISTRIBUTE BOOKLET OF SMOKE FREE PROGRAM ☆EXPLAIN ABOUT MEANING OF DETERMINING THE DAY FOR STOPPING SMOKING <div>USEFULNESS OF DETERMINING THE DAY FOR STOPPING SMOKING</div> <div>USEFULNESS OF DETERMINING THE TIME PERIOD FOR PREPARING STOP SMOKING</div> </div> <div> ☆REGISTER DAY OF STOPPING SMOKING <div>REQUEST FOR NOTIFICATION OF THE DAY OF STOPPING SMOKING</div> <div>FILL OUT ACTION CONTRACT</div> </div> <div> Probably, you may intend to stop smoking soon. However, it is proved scientifically that stopping smoking can be successfully done more easily when based on schedule after a preparation period. In this program, since preparation is advanced systematically during 5 days from Monday to Friday, it is recommended that the day for stopping smoking is set as a day after next weekend. </div> <div> EXPLANATION CAN BE DISPLAYED HERE FOR EACH ITEM BY PUTTING CURSOR ON THE ITEM. </div> <div> <div>PREVIOUS PAGE</div> <div>NEXT PAGE</div> <div>CANCEL</div> </div>	

FIG.19

[ACTION TARGET 3 ASSIST]		✕	
<div>NAVIGATION</div> <div>PREPARATION STAGE</div> <div> ↓ ASK 1 ↓ ASK 2 ↓ ASK 3 ↓ ADVISE ↓ ASSIST 1 ↓ ASSIST 2 </div>		<div> NAME <input type="text" value="1111111"/> NAME <input type="text" value="TARO"/> DATE OF BIRTH <input type="text" value="1973/08/27"/> SEX <input type="text" value="MALE"/> </div> <div> ☆EXPLAIN ABOUT EACH PAGE OF PREPARATION PERIOD ☆HOW TO REACT WHEN YOU WANT TO SMOKE ☆EXPLAIN ABOUT E-MAIL CONTACT ☆START DAY OF SMOKE FREE <input type="text" value="___ YEAR ___ MONTH ___ DATE"/> <input type="checkbox"/> NO SETTING ☆CONTACT METHOD <input type="text" value="01:HAVE E-MAIL"/> </div> <div> ☆CLOSING REMARKS </div> <div> You may want to smoke sometimes especially for some time after stopping smoking even if you stopped smoking with firm resolution. (while pointing page 13) In this page, ideas for overcoming the impulse when you want to smoke are described. You can check some of the idea which can be applied to you before you start life without smoking. We recommend that you tear off this page and stick it on a place within your sight or carry it along for some time after you stopped smoking. </div> <div> <div>PREVIOUS PAGE</div> <div>CANCEL</div> <div>END</div> </div>	

FIG. 20

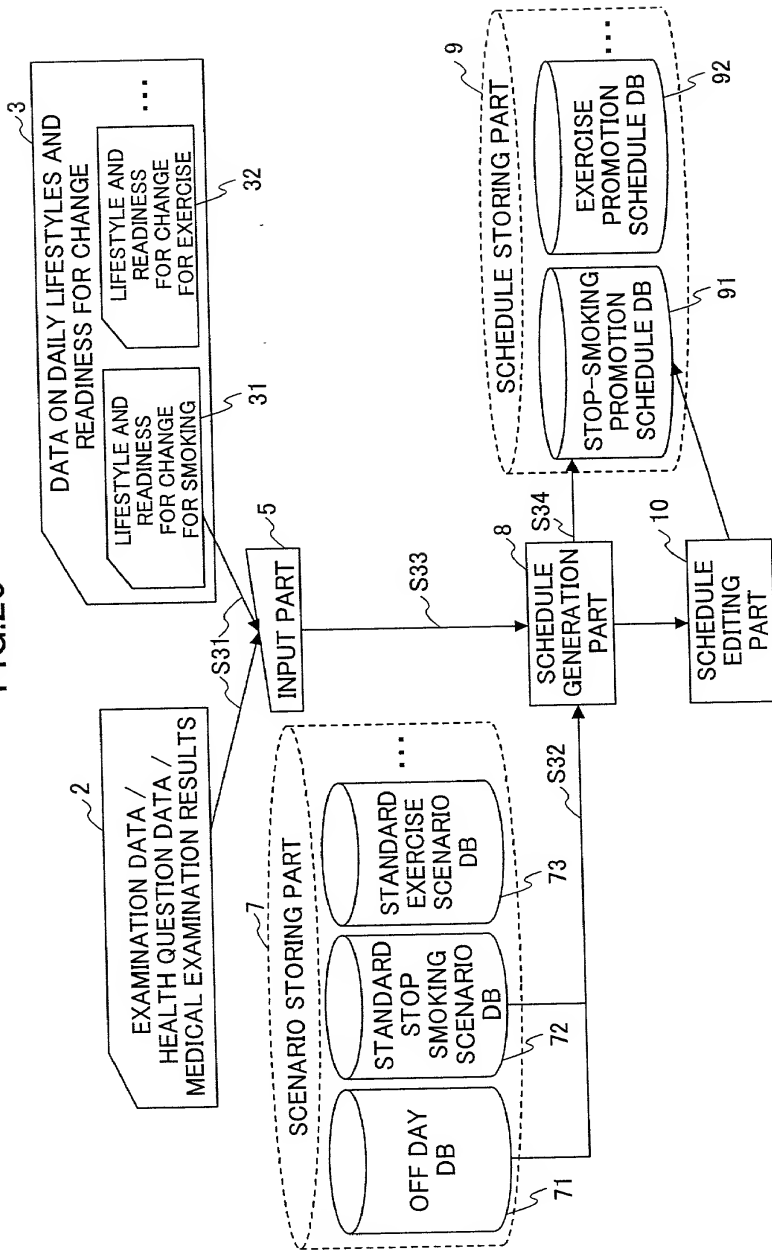
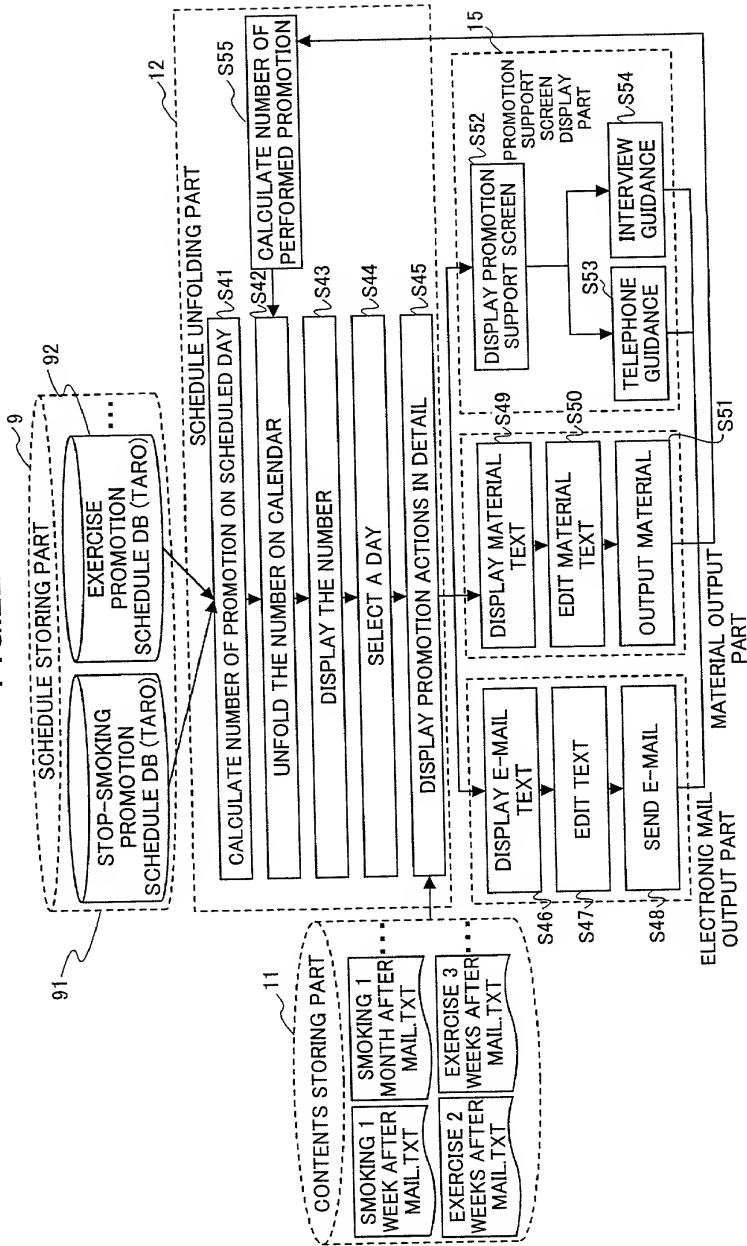


FIG.21

NAME	LIFESTYLE	READINESS FOR CHANGE	PROMOTION PERIOD	PROMOTION DATE	PERFORMED DAY	PROMOTION MEANS	PROMOTION INFORMATION	RESP- ONCE	PERSON IN CHARGE	MEMO
TARO	SMOKING	UNCONCERNED STAGE	AFTER 1 WEEK	99/03/08	99/03/09	E-MAIL	FOLLOW-UP AFTER 1 WEEK	NO CHANGE	A	
TARO	SMOKING	UNCONCERNED STAGE	AFTER 1 MONTH	99/03/30		E-MAIL	SMOKING FOLLOW -UP LETTER 1			
TARO	SMOKING	UNCONCERNED STAGE	AFTER 2 MONTHS	99/04/30		E-MAIL	SMOKING FOLLOW -UP LETTER 2			
TARO	SMOKING	UNCONCERNED STAGE	AFTER 3 MONTHS	99/05/31		E-MAIL	SMOKING FOLLOW -UP LETTER 3			
TARO	SMOKING	UNCONCERNED STAGE	AFTER 4 MONTHS	99/06/30		E-MAIL	SMOKING FOLLOW -UP LETTER 4			
TARO	EXERCISE	EXECUTION STAGE	AFTER 1 WEEK	99/03/08	99/03/09	TELEPHONE			A	
TARO	EXERCISE	EXECUTION STAGE	AFTER 2 WEEKS	99/03/15		E-MAIL	EXERCISE FOLLOW -UP LETTER 1			
TARO	EXERCISE	EXECUTION STAGE	AFTER 3 WEEKS	99/03/29		E-MAIL	EXERCISE FOLLOW -UP LETTER 2			
TARO	EXERCISE	EXECUTION STAGE	AFTER 4 WEEKS	99/04/05		E-MAIL	EXERCISE FOLLOW -UP LETTER 3			

FIG. 22



HEALTH PROMOTION CALENDAR

BY CLICKING A DAY, PROMOTION ACTIONS
OF THE DAY ARE DISPLAYED

FIG.24

LIST OF CLIENTS									
PROMOTION YEAR/ MONTH/DAY 2001/04/11					PROMOTION SCHEDULE DAY 2001/01/11				
NAME CODE	NAME	PROGRAM NAME	READINESS FOR CHANGE	PROMOTION MEANS	PROMOTION PERIOD	PROMOTION STATUS	NOTES	PERSON IN CHARGE	PROCESS
<input checked="" type="checkbox"/> 0011111	JIRO	SMOKE FREE	CONTEMPLATION STAGE	E-MAIL	AFTER 1 WEEK			HONDA	HONDA
<input type="checkbox"/> 0022222	HAIJIME	SMOKE FREE	PRECONTEMPLATION STAGE	E-MAIL	AFTER 1 WEEK			HONDA	
<input type="checkbox"/> 0033333	MAMORU	SMOKE FREE	UNCONCERNED STAGE	E-MAIL	AFTER 1 WEEK			HONDA	

CONTENTS IN E-MAIL CAN BE CHECKED BY CLICKING

SELECT ALL

RELEASE ALL

INQUIRY/EDIT

HISTORY

PRINT MATERIAL

SEND E-MAIL

VIDEO RETURN

EXERCISE

BACK

FIG.25

DOCUMENT EDIT	
FOLLOW-UP 6 DAYS BEFORE START	
2001/04/11	
YOKOSUKA CITY	
DIR TARO	
From this week, a two week program for stopping smoking starts. Do your best. We help you.	
Today, please prepare for a booklet "smoke free life -- for a person who intend to stop smoking". Please check your mental attitude from today by reading explanation of the whole program.	
If you lost the booklet, please let us know as soon as possible. And if you have questions, do not hesitate to contact us. And also, if you want to postpone this program due to a business trip or your urgent business, please let us know.	
Work hard to realize life without smoking. We help you.	
PERSON IN CHARGE HONDA TEL:xxx-xxx-1234 e-mail:to-abc@xyz	
<div>SEND</div> <div>CLOSE</div>	

FIG.26

<input checked="" type="checkbox"/>		[PREVIOUS DAY OF QUIT DATE]	
NAVIGATION DETERMINE PROGRAM START DAY ↓ PROGRAM INTRODUCTION E-MAIL ↓ [PREVIOUS DAY OF STOPPING SMOKING CONTACT BY TELEPHONE] ↓ ONE WEEK AFTER STOPPING SMOKING CHECK BY TELEPHONE ↓ ONE WEEK AFTER STOPPING SMOKING TELEPHONE ↓ ONE WEEK AFTER STOPPING SMOKING E-MAIL ↓ ONE MONTH AFTER STOPPING SMOKING E-MAIL ↓ SIX MONTH SMOKE FREE COMMENDATION		PERSON IN CHARGE NAME [111111] NAME [TARO] DATE OF PROMOTION [2001-04-11] COMPANY [ABC] ADDRESS [YOKOSUKA CITY] TEL [] FAX [] E-mail [tarou] ☆THE PROGRAM STARTS FROM TODAY: (CONFIRMATION) ☆DO YOU HAVE SOMETHING TO WORRY ABOUT? (EXTRACT QUESTION) ☆READY FOR STARTING PROGRAM! (ENCOURAGEMENT) ☆WITHDRAWAL SYMPTOMS? PLEASE REFER TO PAGE 13 OF THE BOOKLET (PROVIDE INFORMATION AND ENCOURAGEMENT) ☆DO YOUR BEST! (SUPPORT) From Monday to Saturday, you have prepared everything according to the booklet of smoke free life. Today, please read 5 page of the booklet and perform it. You can stop smoking undoubtedly.	
☆INDIVIDUAL INFORMATION COMPANY [ABC] ADDRESS [YOKOSUKA CITY] TEL [] FAX [] E-mail [tarou]		EXPLANATION CAN BE DISPLAYED HRE FOR EACH ITEM BY PUTTING CURSOR ON THE ITEM	
COMPLETE		CANCEL	

FIG.27

